

C1 1. A food composition for changing body composition and/or physical work capacity, said food composition comprising colostrum or a fraction thereof wherein said fraction includes colostrum-derived growth factors and casein maintained within the colostrum following fractionation of the colostrum.

3. A food composition according to claim 1 wherein the growth factor is IGF-1.

C2 4. A food composition according to claims 1 or 3 wherein the colostrum is prepared by a method comprising:

subjecting colostrum to an ultra-filtration process to provide an ultra-filtered colostrum retentate;

subjecting the ultra-filtered colostrum retentate to a spray drying process; and

removing the spray-dried colostrum.

11. A method of changing body composition and/or physical work capacity, said method comprising administering an effective amount of a food composition according to claim 1.

12. A method of increasing tissue mass, said method comprising administering an effective amount of a food composition according to claim 1.

C3 13. A method of increasing fat utilisation, said method comprising administering an effective amount of a food composition according to claim 1.

14. A method of reducing physiological fatigue and/or an individual's perception of their own fatigue, said method comprising administering an effective amount of a food composition according to claim 1.

15. A method of increasing height, said method comprising administering an effective amount of a food composition according to claim 1.

16. A method of increasing recovery after exercise, said method comprising administering an effective amount of a food composition according to claim 1.

17. A method of treating or preventing a disorder of the gut, said method comprising administering an effective amount of a food composition according to claim 1.

18. A method according to claim 17 wherein the disorder of the gut is selected from the group consisting of mucositis, gastrointestinal damage from administration of non-steroidal anti-inflammatory drugs, gastrointestinal damage from irradiation therapy, gastrointestinal damage from chemotherapy, damage from infection in non HIV/AIDS and in HIV/AIDS patients caused by pathogens selected from the group including rotavirus, *E. Coli spp*, *Salmonella spp*, *Cryptosporidium spp*, *H. pylori*, damage from gut surgery, and damage due to disease including as crohn's disease, inflammatory bowel syndrome, coeliac disease, or cystic fibrosis.

19. A method of reducing muscle damage during exercise, said method comprising administering an effective amount of a food composition according to claim 1.

20. A method of increasing physiological buffering capacity, said method comprising administering an effective amount of a food composition according to claim 1.

C3 21. A method of improving gut growth and development, said method comprising administering an effective amount of a food composition according to claim 1.

22. A method of treating short bowel syndrome, said method comprising administering an effective amount of a food composition according to claim 1.

23. A method of improving vertical jump performance, said method comprising administering an effective amount of a food composition according to claim 1.

24. A method of improving the ability to generate peak power and peak force, said method comprising administering an effective amount of a food composition according to claim 1.

25. A method of increasing endurance exercise performance, said method comprising administering an effective amount of a food composition according to claim 1.

26. A method of reducing fat mass, said method comprising administering an effective amount of a food composition according to claim 1.

C3

27. A method of improving the bioavailability of components in colostrum which lead to changed work capacity and/or body composition, said method comprising administering an effective amount of a food composition according to claim 1.

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